Bemidji State University COVID-19 Back-to-Campus Preparedness Plan – Football

Bemidji State University is committed to providing a safe and healthy environment for our students, faculty, staff, and members of our campus community. To ensure that, we have developed this Back-to-Campus Preparedness Plan in response to the COVID-19 pandemic utilizing guidance offered in Emergency Executive Order 20-40, Allowing Workers in Certain Non-Critical Sectors to Return to Safe Workplaces, April 23, 2020. We are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our campus(es) and that requires full cooperation among students, faculty, staff and members of our campus community. Only through a cooperative effort, can we establish and maintain the safety and health of our campuses.

Campus leaders, supervisors, employees, and students are responsible for implementing and complying with all aspects of this Plan. Bemidji State University leaders and supervisors have our full support in enforcing the provisions of this policy.

We are serious about safety and health and keeping our students and employees safe. Your involvement is essential in developing and implementing a successful Campus COVID-19 Preparedness Plan. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 and addresses:

- Hygiene and respiratory etiquette;
- Engineering and administrative controls for social distancing;
- Housekeeping – cleaning, disinfecting and decontamination;
- Prompt identification and isolation of sick persons;
- Communications and training that will be provided to managers and workers; and
- Management and supervision necessary to ensure effective implementation of the plan.

**Screening and policies for those exhibiting signs and symptoms of COVID-19**

Employees and students have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers’ health status prior to entering the campus and for employees and students to report when they are sick or experiencing symptoms.
Students will be required to fill out a COVID-19 screening questionnaire prior to their first return to campus to assess previous infection status/contacts with individuals (provided by BSU Athletic Trainers, attached in document).

Students and staff will be asked about symptoms daily before allowed to participate in voluntary workouts, this will be documented on a daily check in screening form (attached to this document).

If symptoms are present that student/staff will not be allowed to enter the participating in voluntary workout they will be directed to BSU Athletic Trainers or directly to Sanford Health for testing.

Employees will follow the normal process of informing supervisors if they are sick or experiencing symptoms while at home or work. Students should inform their athletic trainer.

The policy of Bemidji State University is to follow Minnesota Department of Health and local health department guidance and direction on informing workers if they have been exposed to a person with COVID-19 on campus and requiring them to quarantine for the required amount of time.

**Handwashing & Hand Sanitation**

Basic infection prevention measures are being implemented at our campus at all times. Employees and students are being instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their time on campus, prior to any mealtimes and after using the toilet. All visitors to campus facilities will be required to wash their hands prior to or immediately upon entering the facility. All work and classroom places have hand-sanitizer dispensers in each restroom and hand sanitizer is available through office services for anyone wishing to have it. (Sanitizers must be of greater than 60% alcohol)

BSU Football will request all student athletes provide their own hand-sanitizers, there will be sanitizers provided for those who are unable to bring their own.

All athletes will sanitize their hands during the following times:

- Prior to the start of all workouts
- Conclusion of all workouts
- Between each drill
- Following any incidental contact with equipment or athletes

**Respiratory etiquette: Cover your cough or sneeze**

Employees and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available in
work and classroom places. Signs are posted on doorways to educate staff and students. Staff and students will also receive education when they are notified of the facilities re-opening and when they first arrive to campus.

Masks or cloth face coverings can be worn to help control infection from people who may be infected but are asymptomatic. We will encourage our athletes to wear covering to and from workouts. Coaches will be required to wear masks during all workout sessions. They may provide some limited protection from being infected if exposed.

Here are a few important things to keep in mind:

- Masks or cloth face coverings can help with preventing your germs from infecting others – especially in situations where you may spread the virus without symptoms.

- Wearing a mask or cloth face coverings does not protect you from others who may spread the virus. So, whether or not you wear a mask or cloth face coverings, you still need to wash your hands frequently, cover your cough, and practice social distancing by keeping at least 6 feet of space between people.

- People who are sick should still stay home. Wearing a mask or cloth face coverings does not mean people who are sick should go out into the community. If you are sick and need to go to the doctor, call your health care provider before going in and wear a mask or cloth face coverings to the clinic.

- Don’t buy or wear surgical or N95 masks. These supplies are in high need in health care facilities to protect health care workers.

- A mask of cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask or cloth face coverings without assistance.

**Social distancing**

Social distancing is being implemented on campus through the following engineering and administrative controls:

- No groups larger than 10 are permissible
  - Groups include athletes staying in same home do workouts at same time, if applicable
- No more than 4 pods per football field (guidelines provided by Minnesota Department of Health)
- Field will be lined to allow coaches to gauge and mandate the proper distance between players and coaches present
- Athletes must maintain a distance of at least six feet from all other athletes and staff
- Staff must maintain a distance of at least 6 feet from other staff and athletes
- Pods will be released in 5-minute increments to decrease chances of crowds gathering
- We will ask each pod to park in different locations in the John Glass Fieldhouse to decrease chances of crowds gathering
Staff and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers’ personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices or other personal work tools and equipment.

**Housekeeping**

Regular housekeeping practices are being implemented during voluntary workouts. In an effort to minimize the possibility of contact and spread of virus we will use minimal equipment.

- Athletes and staff must use hand sanitizer before workouts
- Athletes will use approved disinfecting wipes to clean all football equipment
- Staff must use hand sanitizer or wash hands before and after each athlete contact
- Athletes will provide their own personal water and water bottles

The following equipment will be used during voluntary workouts and following procedures will be used for each.

- **Footballs**
  - Disinfected before and after each practice session
  - Disinfected between each drill
- **5 Man Sled** (The idea of using a 5 Man sled is to let no more than 3 go at a time which will secure social distancing. The first group of 3 can do their drill, followed by a group of 2 on separate pads. At the conclusion of the set, all 5 can be disinfected before next group begins)
  - Disinfected before and after each practice session
  - Disinfected between each participant using
- **Football Chute**
  - The structure of the chute will be disinfected between drills
  - The structure of the chute will be disinfected before and after each practice session
- **Cones**
  - Disinfected before and after each practice session
  - Disinfected between each drill
- **Medicine Balls**
  - Disinfected before and after each practice session
  - Disinfected between each drill

**Communications and training**

This plan was communicated via email/online video/and in person to all employees and students June 2nd and when they arrive on campus for the first time. Necessary training will also provided. Additional communication and training will be ongoing providing email/text/video updates and provided to all employees and students who did not receive the initial training. Leaders and supervisors are to monitor how effective the program has been implemented by regular feedback from staff and students, and weekly checks on symptom check logs.
Employees and students are to work through this new program together and update the communication strategies and training as necessary.

This plan has been certified by Bemidji State University leadership and was shared and posted throughout the campus community June 15th. It will be updated as necessary.

Certified by:

June 8, 2020

College/University President

Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

www.cdc.gov/coronavirus/2019-ncov

www.health.state.mn.us/diseases/coronavirus

www.osha.gov

www.dli.mn.gov

Handwashing

www.cdc.gov/handwashing/when-how-handwashing.html

www.cdc.gov/handwashing

https://youtu.be/d914EnpU4Fo

Respiratory etiquette: Cover your cough or sneeze


www.health.state.mn.us/diseases/coronavirus/prevention.html

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing


www.health.state.mn.us/diseases/coronavirus/businesses.html
Operating Instruction on Campus Management and Cleaning to Slow the Spread of Coronavirus Disease 2019 (COVID-19) in Minnesota State, April 2, 2020


Employees exhibiting signs and symptoms of COVID-19

www.health.state.mn.us/diseases/coronavirus/basics.html

Training

www.health.state.mn.us/diseases/coronavirus/about.pdf
www.osha.gov/Publications/OSHA3990.pdf